



YOGA CLASS

ALL ARE WELCOME!

Hatha-Vinyasa flow (strength, balance, flexibility in higher intensity), we also incorporate some Yin and restorative yoga poses and sequences (gentle stretch and slow pace movements)

THURSDAY'S
BEGINNING 6/23
6:00 - 7:00 PM
\$10 PER CLASS

Frank J. Gargiulo Campus
One High Tech Way
Secaucus, NJ 07094

FREE FOR THE HCST COMMUNITY

Bringing your own mat is highly encouraged

REGISTER NOW

www.hcstonline.org/postsecondary
201-662-6791
hudsontechnical@hcstonline.org

